

# News Release



**For Immediate Release**

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## First Day Hikes at Mendocino County Area State Parks

California State Parks announces guided interpretive hikes at 5 state parks in Mendocino County on January 1, 2014. These hikes are part of a nationwide effort of special hikes on New Years Day in state parks in all 50 states. They promote state parks and provide people an opportunity to participate in a healthy activity. All of the hikes will take place in Northern California in winter. Be prepared for cool temperatures.

### Standish-Hickey State Recreation Area

Meet the docent at 11:00 a.m. at the park entrance station, 1.5 miles north of Leggett, California, west of Hwy 101. This will be an easy 2 mile long hike on the Taber Trail. This trail is wheelchair accessible. Walk through a grove of old-growth redwood trees. Wear layered clothing. Young children are welcome on this hike. Young children should be closely supervised by parent or guardian. Bring water, rain gear, coffee, tea or hot cocoa to help stay warm. No dogs allowed on the trail for this hike. More information 707-925-6482.

### MacKerricher State Park

Meet naturalist Fred Andrews at the visitor center at 11:00 a.m. Drive about 3 miles north of Fort Bragg on Hwy 1 and turn left at the MacKerricher sign. Learn about the annual gray whale migration and about other marine mammals seen along the Mendocino coast. Binoculars will be available to help visitors study whales and other fascinating wildlife found near MacKerricher's shores. This is a wheelchair accessible hike. After meeting at the MacKerricher visitor center, the group drives to Laguna Point, where you walk out to look for whales. Young children are welcome on this program. More information 707-961-0471.

### Russian Gulch State Park

Meet naturalist Dave Jensen in front of the recreation hall at 12:00 noon. The park entrance road is located on the west side of Hwy 1, three miles north of Mendocino, California. This will be a moderate to strenuous 5.5 mile out and back hike (2.75 miles each way) to the beautiful waterfall at Russian Gulch State Park. You will learn about the park's natural history from Dave Jensen, renowned birder and naturalist. This hike is suggested for children 10 years and older, and adults. Bring water, snacks, hat and binoculars with you. No dogs allowed on the trail for this hike. More information 707-961-0471.

For energy efficient recreation –  
California State Parks on the Internet: <http://www.parks.ca.gov>



### **Mendocino Headlands State Park**

Meet docent Jim Owens at the Ford House Visitor Center in Mendocino at 1:00 p.m. Walk out to the Mendocino Headlands to look for gray whales. Learn about the annual migration of gray whales between Alaska and Baja. 1 mile easy hike. 3 years old is the minimum age for children on this walk. Rain will cancel this event. Wear layered clothing. Bring binoculars, water and a camera. More information call 707-937-5397.

### **Spring Ranch/Van Damme State Park**

Meet the docent at Hwy 1 and Gordon Lane. The parking lot is about 2 miles north of Little River, California, on Hwy 1. This 10:00 a.m. hike goes downhill through the Spring Ranch property to bluffs overlooking the ocean to look for migrating gray whales. Learn about the annual migration of gray whales between Alaska and Baja. After looking for whales, you will retrace your path uphill to the dirt parking lot. One section of the dirt path is very steep. Bring binoculars, water and a snack. Wear layered clothing. More information 707-961-0471.

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